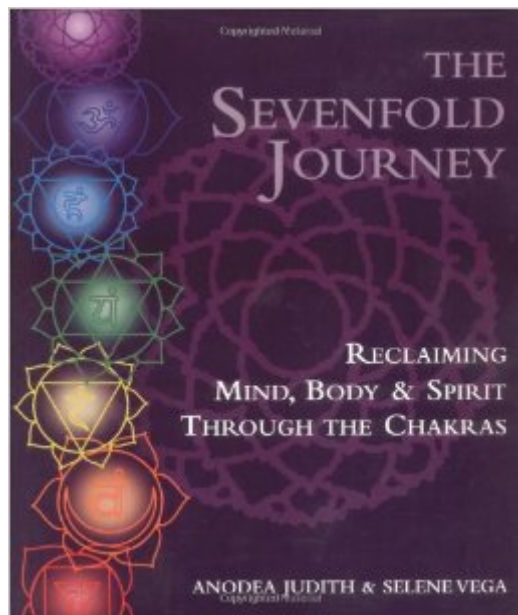


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# The Sevenfold Journey: Reclaiming Mind, Body And Spirit Through The Chakras



## Synopsis

Combining yoga, psychotherapy, movement, and ritual, the authors weave ancient and modern wisdom into a powerful tapestry of techniques for facilitating personal growth, healing, and transformation. Based on their popular Nine-Month Chakra workshops, *THE SEVENFOLD JOURNEY* provides a step-by-step approach to healing and balancing one's life using contemporary psychotherapeutic techniques, yoga, bioenergetics, journal exercises, meditation, dance, and ritual. Visit the home pages of Anodea: <http://sacredcenters.com/> and Selene: <http://spiritmoving.com/>

## Book Information

Paperback: 304 pages

Publisher: Crossing Press; 1 edition (April 1, 1993)

Language: English

ISBN-10: 0895945746

ISBN-13: 978-0895945747

Product Dimensions: 8.5 x 0.7 x 10 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars See all reviews (28 customer reviews)

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## Customer Reviews

The Sevenfold Journey is a wonderful guide to using the chakra system for self improvement. After providing an overview of the chakras, the book goes into much more detail about each one, including related foods, colors, symbols, etc., and causes and effects of deficiencies in each chakra. Each chapter also provides several practical ways to work on strengthening the chakra through journal exercises, physical exercises, and related activities. This is a book that cannot be read through quickly. I have been working on it for several months and have only made it through the first 4 chakras. It has been a true healing experience, bringing to light the causes of many physical and emotional problems I've experienced and helping me to work through them. I highly recommend this book.

This is one of my favorite books, and one I recommend often to friends. It's topic are the chakras,

the seven energy centers of the human body. After an introductory chapter, it devotes a chapter to each chakra in depth. Unlike so many other books about chakras, though, this book does NOT just talk & talk & talk about them. Talk feeds the head, and the chakras are about whole-body experience: being able to give a precise verbal definition of the third chakra is NOT at all the same as having a healthy third chakra! This book thoroughly acknowledges that, and for each chakra, recommends a wealth of approaches --- including word association exercises, journal exercises, yogic stretches & exercises (all illustrated with photographs), partner bodywork (again, photographs), and sacred rituals --- for each chakra. Because of the richness and depth of the treatment of each chakra, this book is ideal for someone quite experienced in energetic bodywork as well as for someone who barely knows what a "chakra" is. It can be read cover to cover, or can be consulted as a reference book when issues arise with a particular chakra. If you follow the program they lay out, doing all the exercises for all the chakras, there is almost no way you could avoid experiencing some measure of personal growth and transformation. I can think of no other book that better deserves the epithet of "User Manual for the Human Body." I highly recommend this book.

This book is one of the best Chakra books available. It is suited for the beginner along with someone like me that has been studying Chakras for several years now. Each Chapter is devoted to 1 Chakra, in it you have several sections like general information, correspondences, then Yoga practices that can be done alone or with a partner or group, and journaling exercises. There are also sections for people into the Metaphysical world like Alter setups and Rituals.. Put all this together and you have a really nice study into each Chakra. The only thing I really found missing is meditations, which can be found in some of her other published works. Currently she is my favorite in studying the Chakra system and would recommend this book to anyone wanting to learn how to bring your energy systems into balance. This is an easy read- but it is best to follow the writers advice and work on each Chapter(Chakra) for 1 month, making this a 9 month program of study, this is not something to be rushed, it takes time to make the Chakra system, strong, healthy and in balance- this can not be said enough- Take your Time with this book, and do all the exercises she puts forth to get the most out of this book. In the end you will find a difference in yourself and how you feel and you deal with life's up and downs.

I worked with the exercises in this book alongside traditional psychotherapy recently, and my therapist was surprised how much progress I quickly made. This workbook gives another approach to

mental health that is spiritually aligned, whatever your religious or spiritual background. The exercises are interesting, useful, and very relevant to what the rest of the book teaches. The authors give many different tactics to approach a problem, which I found useful, and their explanations of the chakra system was consistent with other texts I have read. They arrange things easily and plainly, without over-complicating the subject. This book provides a great reference that I've used again and again, and as a workbook, it allows you to use it directly in your life. The yoga stuff in the book could have been improved--I'm not familiar with Yoga and found it hard to do the physical exercises in the book.

I LOVE Anodea Judith! Unfortunately the only book you will ever need is her Eastern Body/Western Mind. That is truly a body of work that all serious students of the healing arts should possess. This book just doesn't offer up any more insights. However, if you don't already have the aforementioned book, this is a good introduction into the topic of chakras.

Caroline Myss fans will love this book. The simple presentation offers a realistic method of getting in touch with the mind, body and spirit in order to bring balance and fluidity to one's energy system. You will be amazed at how this book can foster self-awareness, positive emotions, and incredible insights. If you are living in the upper chakras, this book will ground you and help balance you.

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